

Center: _____

Week-Month-Year: _____

Winter Menu 1 - Meal Pattern Requirements (Ages 2 thru 12)

Meals and Snacks	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	2 years	3 - 5 years	6 - 12 years					
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Cereal, Bread or Alternate	1/2 slice 1/3 oz	1/2 slice 1/2 oz	1 slice 1 oz	Cheerios	Cheese Grits	Jack O' Lantern Loaf	Egg and Sausage Burrito Wrap	French Toast Sticks
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarin Oranges	Fresh Apple Slices (red apples)	Strawberries	Apricots	Blueberry Sauce Topping (warmed)
LUNCH								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Alternate	1 oz	1 1/2 oz	2 oz	Apricot Glazed Chicken	Spaghetti with Meat Sauce	Ham Slices	Turkey a la King (with peas & carrots)	Baked Breaded Cod
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Wheat Dinner Roll		Corn Bread	Biscuits	Wild Rice
Fruit and/or Vegetable (2 servings)	1/4 cup	1/2 cup	3/4 cup	Corn	Green Beans	Mashed Sweet Potatoes	Fresh Steamed Broccoli	Cauliflower Casserole
				Brussels Sprouts	Pears	Honeydew Cubes	Mandarin Oranges	Cooked Spinach
2:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Milk	Apple Juice 100%	Milk	Ambrosia Shake (milk, OJ, bananas, strawberries)
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Vegetable Frittata	Baked Bananas			
Bread or Alternate	1/2 slice	1/2 slice	1 slice		Cinnamon Toast	Chicken Tenders	Monkey Bread	Breadsticks
Meat or Alternate	1/2 oz	1/2 oz	1 oz					
5:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Grape Juice 100%	Blended Cranberry Juice 100%	Water	Chocolate Milk	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Chunky Hawaiian Spread (cream cheese, sour cream, pineapples)		Orange Slices		
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Bagel Wedges	Graham Crackers	Townhouse Crackers	Soft Pretzels	Gingerbread Cookies (homemade)
Meat or Alternate	1/2 oz	1/2 oz	1 oz		Vanilla Yogurt			

Jim Niemczura, Capt, USAF 28 Nov 05
Registered Dietitian
ADA NO 886882

Children 12 months thru 2 years receive whole milk
Children 2 years and older receive 2% milk

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Winter Menu 2 - Meal Pattern Requirements (Ages 2 thru 12)

Meals and Snacks	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	2 years	3 - 5 years	6 - 12 years					
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Cereal, Bread or Alternate	1/2 slice 1/3 oz	1/2 slice 1/2 oz	1 slice 1 oz	Rice Krispies	Apple Snapple Oatmeal	Scrambled Eggs Wheat Toast	Blueberry Orange Bread	Pancakes
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Bananas	Cantaloupe Cubes	Honeydew Cubes	Shredded Hash Browns	Applesauce Topping (warmed)
LUNCH								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Alternate	1 oz	1 1/2 oz	2 oz	Turkey Chili	Baked Swedish Meatballs covered with cream of mushroom soup	Red Beans & Ham	Chicken Fajita	Broccoli Quiche
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Wheat Dinner Roll	Egg Noodles	Dirty Rice	Spinach Tortilla Shell	Croissant
Fruit and/or Vegetable (2 servings)	1/4 cup	1/2 cup	3/4 cup	Peas	Beets	Fresh Steamed Zucchini	Mexicali Corn	Cooked Carrots
				Strawberries	Mandarin Oranges	Pineapple Chunks	Spiced Apple Rings and Pears	Fruit Salad - bananas, cantaloupe, honeydew
2:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Pineapple Juice 100%	Milk	Blended Cranberry Juice 100%	Orange Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Peach Cobbler	Vegetable Egg Rolls	Pumpkin Pudding	Fruit Salad Cones	Salsa
Bread or Alternate	1/2 slice	1/2 slice	1 slice					(bananas, mandarin oranges, pineapples, strawberries, vanilla yogurt in ice cream cones)
Meat or Alternate	1/2 oz	1/2 oz	1 oz					
5:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	V8 Juice 100%	Milk	Apple Juice 100%	Water	Grape Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Celery Sticks		Pizza Muffins (English muffins, pizza sauce, mozzarella cheese)	Peaches	Carrot and Green Pepper Sticks
Bread or Alternate	1/2 slice	1/2 slice	1 slice		Cinnamon Toast			Townhouse Crackers
Meat or Alternate	1/2 oz	1/2 oz	1 oz	Pimento Cheese			Cottage Cheese	Ranch Dip

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Winter Menu 3 - Meal Pattern Requirements (Ages 2 thru 12)

Meals and Snacks	Minimum Serving			Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	2 years	3 - 5 years	6 - 12 years					
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Cereal, Bread or Alternate	1/2 slice 1/3 oz	1/2 slice 1/2 oz	1 slice 1 oz	Corn Flakes	Egg McMuffin with Cheese	Apple-Carrot Muffins	Biscuits and Sausage Gravy	Wheat Bagel with Cream Cheese
Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Bananas	Orange Slices	Pineapple Slices	Apricots	Peaches
LUNCH								
Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat or Alternate	1 oz	1 1/2 oz	2 oz	Marek Chicken (curry)	Beef Stroganoff	Turkey Wrap	Shephard's Pie	Salmon Patties
Bread or Alternate	1/2 slice	1/2 slice	1 slice	Steamed Rice	Egg Noodles	Tomato Tortilla Shell	French Bread	Texas Toast
Fruit and/or Vegetable (2 servings)	1/4 cup	1/2 cup	3/4 cup	Stewed Tomatoes	Succotash (lima beans & corn)	Oven Fries Lettuce & Tomatoes	Glazed Carrots	Augratin Potatoes
				Honeydew Cubes	Cantaloupe Cubes	Mandarin Oranges	Strawberries	Fruit Salad - bananas, cantaloupe, oranges
2:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Pineapple Juice 100%	Milk	Grape Juice 100%	Orange Juice 100%
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Potato Bar (steamed broccoli and parmesan cheese)	Hummus Dip		Cheese Nachos with Refried Beans on Corn Tortilla Shells	
Bread or Alternate	1/2 slice	1/2 slice	1 slice		Pita Bread Wedges	Oatmeal Cookies (homemade)		
Meat or Alternate	1/2 oz	1/2 oz	1 oz					Sweet & Sour Meatballs
5:00 PM SNACK Choose 2 of 4 for each snack								
Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk	Apple Juice 100%	Milk	Water	Milk
Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Fresh Pear Wedges	Pepperoni Calzones	Fresh Broccoli and Cauliflower Florets	Bananas & Crushed Pineapples mixed with Vanilla Yogurt topped with Graham	Applesauce
Bread or Alternate	1/2 slice	1/2 slice	1 slice				Cracker Crumbles	Animal Crackers
Meat or Alternate	1/2 oz	1/2 oz	1 oz			Avocado Ranch Dip		

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